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## **REFRESHING GATEWAY SKILLS**

by Bob McCulloch

During a break in the vicious East Coast winter, TMJ trainer Bob McCulloch guided the first group of participants through the inaugural *GATEWAY REFRESHER* Weekend.



**Bob McCulloch, front row, third from left**

March 1, a Friday evening, was clear and cold. The weather report for Saturday called for snow; nevertheless, fourteen intrepid *GATEWAY VOYAGE* graduates gathered in Dewey Beach, Delaware, for the first-ever *GATEWAY REFRESHER* Weekend. There were voyagers from as long ago as 1988 and as recently as late 1995. Some had been to graduate programs at TMI, but most had only attended the *GATEWAY VOYAGE*.

The weekend allowed everyone to interact with other TMI graduates from their geographic region. How great it was to once again engage in conversations with like-minded individuals (in that we all know that we are more than our physical bodies). The weekend was also very tape intensive. Tape listening began Friday evening and did not stop until Sunday afternoon. We made the "astonishing" discovery that no one snores in any of the Focus 10, 12, 15, and 21 tapes for the *GATEWAY VOYAGE* program as well as selected tapes from *GUIDELINES* and *GOING HOME*. The one thing we know for sure is that no one left wanting more tapes. According to everyone, the number of tapes was just right.

My special thanks to the original fourteen attendees for all their input and feedback.